



In alliance with



Cleveland Clinic

Heart, Vascular and Thoracic Institute

The background of the lower half of the slide is a blurred photograph of a heart surgery. Two surgeons in white coats and blue masks are visible. A red, semi-transparent heart is superimposed over the image, with a network of red lines and dots connecting various points on and around it, suggesting a digital or data-driven theme.

2021

PARKVIEW HEART INSTITUTE

CARDIOLOGY AND CARDIOVASCULAR SURGERY

OUTCOMES

WELCOME TO THE 2021 PARKVIEW HEART INSTITUTE OUTCOMES BOOK

Measuring and understanding outcomes of medical treatments promotes quality improvement. Created by Parkview Heart Institute and Cleveland Clinic, this publication is designed for the physician audience and contains a summary of surgical and medical treatments, with data on patient volumes and outcomes as well as a review of new technologies and innovations.



CLEVELAND CLINIC'S SYDELL AND ARNOLD MILLER FAMILY HEART, VASCULAR & THORACIC INSTITUTE CHAIRMAN'S LETTER

We are proud to present the 2021 outcomes from the cardiology and cardiac surgery programs at Parkview Heart Institute, which has an ongoing collaborative relationship with Cleveland Clinic's Miller Family Heart, Vascular & Thoracic Institute to promote best practices and optimal quality in cardiovascular caregiving.

This overview of outcomes, volumes and quality metrics reflects some of the fruits of that collaboration, which involves members of the Parkview heart and vascular team and ranges from physicians and other healthcare providers to administrative personnel. It refers to national benchmarks established by the American College of Cardiology and Society of Thoracic Surgeons and stems from our shared commitment to give every patient the best possible outcome and experience. We believe that transparency around clinical outcomes is essential to improving quality and efficiency as we all continue to move toward ever more value-based care delivery.

Cleveland Clinic's Heart, Vascular & Thoracic Institute is gratified by the success of our collaborations with our affiliate and alliance members like Parkview Heart Institute. Our goal is to develop relationships with providers nationwide to enhance the quality and value of cardiovascular care in our communities. We welcome your comments and feedback, and we thank you for your interest.

Sincerely,



Lars G. Svensson, MD, PhD
Chairman, SydeLL and Arnold Miller Family
Heart, Vascular & Thoracic Institute
Cleveland Clinic



WELCOME LETTER FROM PARKVIEW HEART INSTITUTE PRESIDENT

I am pleased to present this outcome data and summary information for Parkview Heart Institute. Our physicians and staff have created a culture of knowledge sharing, research, intellectual curiosity and dedication to the art of practicing cardiovascular medicine that continues to set new quality benchmarks for our patients under an institute model. Our organizational model now supports 13 multidisciplinary medical and surgical specialty clinics with a governance that encourages Parkview Heart Institute to swiftly embrace the opportunities created in today's healthcare environment in a patient-centric fashion. Keen attention to the concept of "value" based on quality, efficiency and the economics of care delivered to our patient population and community has opened exciting new opportunities. It has accelerated the application of guideline-directed therapies along with thoughtful integration of virtual care platforms and optimization of the electronic medical record's influence on care delivery.

Our alliance with Cleveland Clinic's Sydell and Arnold Miller Family Heart, Vascular & Thoracic Institute enables us to access the best practice models of care at the clinical and administrative levels. Physicians and staff from both institutions integrate directly to advance patient care through second opinions, application of the most advanced treatments, shared care models and research opportunities. These clinical interfaces and the efficient development of advanced care designs speak to the success of such a powerful alliance.

It is with great pride that we present the following quality information as a representation of our steadfast commitment to the delivery of high-quality, progressive and efficient care to every patient every day. We are truly grateful for the trust our patients place in us and continue to evolve in a manner to benefit their health.

Sincerely,



Roy W. Robertson, MD, FACC, FSCAI
President, Parkview Heart Institute
Cardiovascular Medicine
Interventional Cardiology



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ADVANCING PROVIDER INTEGRATION

Advancing Provider Integration

Parkview Heart Institute has advanced its specialty care format even further by embedding continuity of care plans, population management schemes, disease-based quality outcome data and new care integration models into every patient visit.

Our specialty care model allows attention to detail for every patient and unique disease entity. The physicians and care team members meticulously review processes and outcomes on a regular basis to identify barriers to an excellent care experience. Once these have been identified, care pathways are optimized for efficiency. These changes occur with the patient as the focus; once in place they are monitored for their effect on quality.

Recently we have advanced our thinking to also include the complex matrix of “value” as applied to individual patient care processes and the perspectives of employers, providers and payers, which offers a great deal of opportunity for advancement of our culture of excellence.

We take these challenging steps forward with confidence, knowing that care will improve and that attention to the individual will remain the primary focus of our culture.

Recognition of Quality

Parkview Heart Institute strives to provide excellent care for every person, every day. That means we never stop growing as providers, as care teams and as an institute. Together, we are on a continual journey toward improvement.

As the region’s largest group of cardiologists and cardiothoracic surgeons, we understand our role in keeping our community heart-healthy and thriving. Together we have reached for and achieved accreditation in areas of high impact for our communities.

- HeartCare Center National Distinction of Excellence
- American College of Cardiology Heart Failure Accreditation
- American College of Cardiology Electrophysiology Accreditation
- American College of Cardiology Atrial Fibrillation Accreditation
- Center of Excellence in Robotic Surgery by the Surgical Review Corporation (SRC)
- Extracorporeal Life Support Organization (ELSO): Pathway to Excellence, Silver Level



CARDIOVASCULAR SUBSPECIALTY CLINICS

The Clinic Care Team Model: Truly Patient-Centered Care

Within the healthcare industry, the leading focus continues to be on the development of prevention strategies that aim to:

- Support patients' pursuit of health and well-being.
- Reduce patients' risk for advanced heart disease in general, as well as for specific conditions such as heart attack, heart failure and stroke.
- Increase patients' compliance with provider interventions.
- Contain healthcare costs by reducing readmission rates.

To achieve these aspirations for the communities throughout northeast Indiana, northwest Ohio and south-central Michigan, Parkview Heart Institute remains dedicated to developing outpatient clinics that meet the needs of referring physicians and our community, in conjunction with Parkview Physicians Group – Cardiology and Parkview Physicians Group – Cardiovascular Surgery.

In these clinics, physicians and other members of the care team address a broad range of cardiovascular conditions for referred patients.

AFib Clinic

The AFib Clinic at Parkview Heart Institute provides care to patients diagnosed with atrial fibrillation.

Patients can expect:

- Coordinated care by the AFib Clinic team, beginning with an evaluation by a heart rhythm specialist and other members of the clinic team in order to identify the best treatment plan.
- Specialized treatments, all in one convenient location.
- Patient education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function.

Cardio-Oncology Clinic

The Cardio-Oncology Clinic at Parkview Heart Institute was created in collaboration with Parkview Cancer Institute for surveillance and treatment of cancer patients who have heart disease, or those without heart disease who may receive chemotherapy or radiation that may damage the heart.

All patients referred to the Cardio-Oncology Clinic are evaluated and managed by our team of specialized care providers.

CARDIOVASCULAR SUBSPECIALTY CLINICS

Cardiovascular Genetics Clinic

The Cardiovascular Genetics Clinic at Parkview Heart Institute specializes in caring for patients at high risk for or with diagnoses of hereditary heart conditions. Research indicates that 1 in 250 people have a genetic change that may lead to early-onset cardiovascular disease.

After patients see a cardiologist in the clinic for an initial assessment, they are referred to a genetic counselor for a phone consultation. Informed DNA, a national provider of genetic counseling services, will contact the patient within a week from the time the referral is received to schedule a virtual appointment.

In addition to translating technical and complicated medical information into practical language, the genetic counselor will indicate whether a patient's family members would benefit from a consult within the clinic too.

The following heart diseases can be hereditary:

- Brugada syndrome
- Long QT syndrome
- Arrhythmogenic right ventricular dysplasia
- Dilated cardiomyopathy (DCM)
- Hypertrophic cardiomyopathy (HCM)
- Restrictive cardiomyopathy
- Muscular dystrophy
- Heart defect at birth
- Aortic aneurysm, dilation or dissection in more than one family member
- Sudden cardiac arrest/death in more than one family member

Heart Failure Clinic

The Heart Failure Clinic at Parkview Heart Institute provides care to patients diagnosed with heart failure.

Patients can expect:

- Specialized care by the Heart Failure Clinic team.
- Assistance in monitoring of symptoms.
- Easy access to medications, if needed; follow-up appointments; cardiology testing and services in an outpatient setting.
- Education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function.
- Specialized treatment and rehabilitation, all in one convenient location.

Hypertension Clinic

The Hypertension Clinic at Parkview Heart Institute provides care to patients diagnosed with hypertension.

Patients can expect:

- Coordinated care by the Hypertension Clinic team, beginning with an evaluation by a cardiologist, pharmacist and other members of the clinic team in order to identify the best treatment plan.
- Specialized treatments, all in one convenient location.
- Patient education about high blood pressure, medications, dietary considerations, smoking cessation and physical activities to reduce blood pressure.

Lipid Clinic

The Lipid Clinic at Parkview Heart Institute provides care to patients with abnormal blood cholesterol levels.

Patients can expect:

- Specialized care by the Lipid Clinic team.
- Assistance in monitoring of symptoms.

- Easy access to medications, if needed; follow-up appointments; cardiology testing and services in an outpatient setting.
- Patient education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function.
- Specialized treatment and rehabilitation, all in one convenient location.

Pulmonary Hypertension Clinic

The Pulmonary Hypertension Clinic at Parkview Heart Institute provides care to patients who have pulmonary hypertension.

Patients can expect:

- Coordinated care by the Pulmonary Hypertension Clinic team, beginning with a thorough assessment, followed by additional testing as appropriate, education and support.
- Specialized treatments, all in one convenient location.
- Patient education about medications, dietary considerations and physical activities to best manage symptoms.

Valve Clinic

The Valve Clinic at Parkview Heart Institute provides care to patients diagnosed with heart valve disease, including aortic valve stenosis (AVS) and mitral valve regurgitation (MVR).

Patients can expect:

- Answers. Patients attend a class before the initial consultation to learn about the treatment and ask questions.
- A comprehensive approach that allows the patient to meet with a cardiologist and a cardiovascular surgeon in one visit.

- Personalized care. At a biweekly case review, the team will discuss evaluation, medical images and testing results in order to identify the best treatment plan.
- Easy access to all treatment options currently available for heart valve disease.
- Advanced diagnostic capability, treatment and recovery options, all in one convenient location.
- Patient education about medications, dietary considerations, smoking cessation and physical activities.

Vascular Clinic

The Vascular Clinic at Parkview Heart Institute provides care to patients with a diagnosis – or suspected diagnosis – of vascular disease.

Patients can expect:

- Coordinated care, beginning with an evaluation by an interventional cardiologist. At a biweekly case review, results of this evaluation will be discussed with a cardiovascular surgeon and other members of the clinic team to identify the best treatment.
- Specialized treatments and recovery options, all in one convenient location.
- Patient education about medications, dietary considerations, smoking cessation and physical activities to strengthen heart function.

For more clinics and detailed information about them, visit parkview.com/heartspecialtyclinics.

SOCIETY OF THORACIC SURGEONS QUALITY DATA

STS CABG Quality Rating

Isolated CABG	Rating	Parkview	STS Avg
Overall		96.89	96.68
Absence of Mortality		97.6	97.42
Use of IMA		99.75	99.34
Medications		93.28	94.37

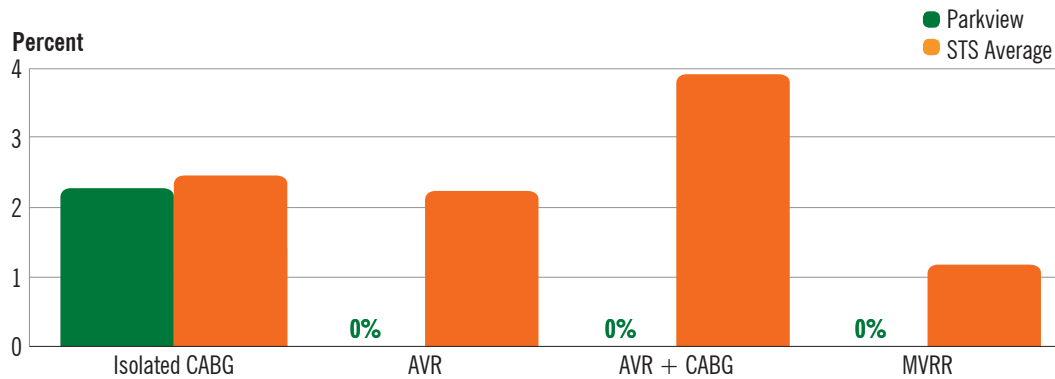
Source: STS ACSD Risk-Adjusted Report Ending December 2020
STS = Society of Thoracic Surgeons, CABG = coronary artery bypass grafting, IMA = internal mammary artery, ACSD = Adult Cardiac Surgery Database

2021 Harvest 1 Composite Quality Rating Summary

917 Adult Cardiac Surgery Database participants uploaded analyzable files to the data warehouse for the period ending December 31, 2020.

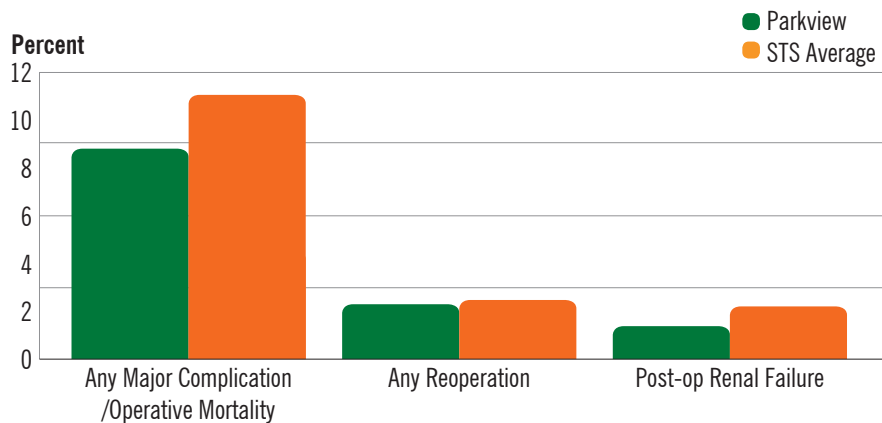
For isolated CABG procedures, 6.1% of participants that were scored received a 3-star rating, 90.4% received a 2-star rating and 3.5% received a 1-star rating for the current reporting period.

Risk-Adjusted Operative Mortality



CABG = coronary artery bypass grafting, AVR = aortic valve replacement, MVRR = mitral valve replacement/repair
Source: STS December 2019 Report

Isolated CABG Morbidity/Mortality



Source: STS December 2019 Report

ADVANCED THERAPIES

ECMO Specialists

At Parkview, our extracorporeal membrane oxygenation (ECMO) specialists are critical care nurses who come from a variety of settings: CVICU, CICU, MICU and STICU. They are nurses who have been selected to receive the additional training required to manage the ECMO system/circuit. Our ECMO specialists must have at least two years of intensive care experience. These nurses stand out as leaders among their peers and are chosen based on their excellent critical thinking skills and their commitment to professional development via the advanced training and education necessary to provide this very complex therapy.

ECMO specialists perform maintenance and emergency procedures and manage ECMO patients under the direction and supervision of a physician with ECMO privileges. They are the technical experts at the bedside for 12-hour shifts. Our ECMO specialists are committed to continuing education through participation in quarterly simulations and/or wet labs where they review the potential for catastrophic complications and practice the steps to resolve such situations in the safety of a simulation environment. These vital team members also participate in our monthly team meetings alongside physicians, pharmacists and various departmental leaders where we review our latest patients and discuss any questions or concerns as a team.



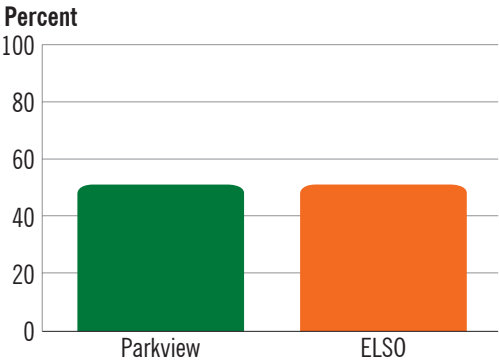
ECMO specialists are a vital part of the team, and without them, we would not be able to offer this support to some of the sickest patients in our hospital. We currently have 22 ECMO specialists who have continued to show their high level of dedication and commitment during the COVID-19 pandemic. We would like to express our sincere appreciation and thanks to these exceptional nurses.

ELSO Live Registry Dashboard – Patients Who Survived to Discharge or Transfer

	Venoarterial (VA)	Venovenous (VV)	eCPR
Parkview	43.3%	54.8%	25%
ELSO	45%	52-57%	28%

ELSO January 2021-October 2021
ELSO = Extracorporeal Life Support Organization

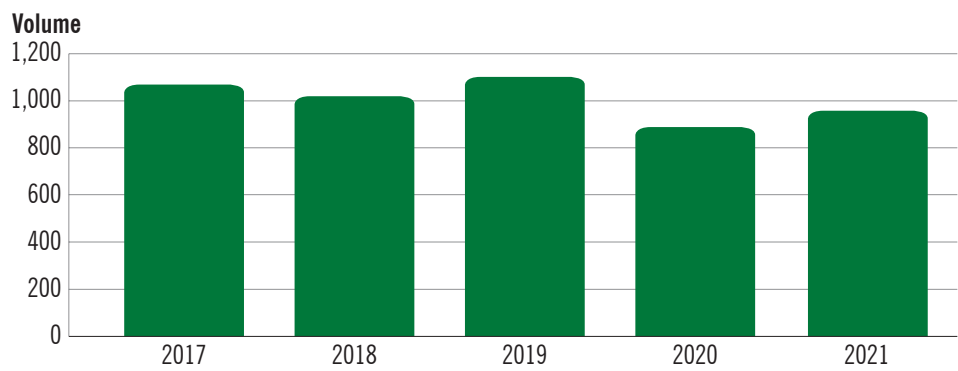
ELSO Full COVID Registry Dashboard – Patients Who Survived to Discharge or Transfer



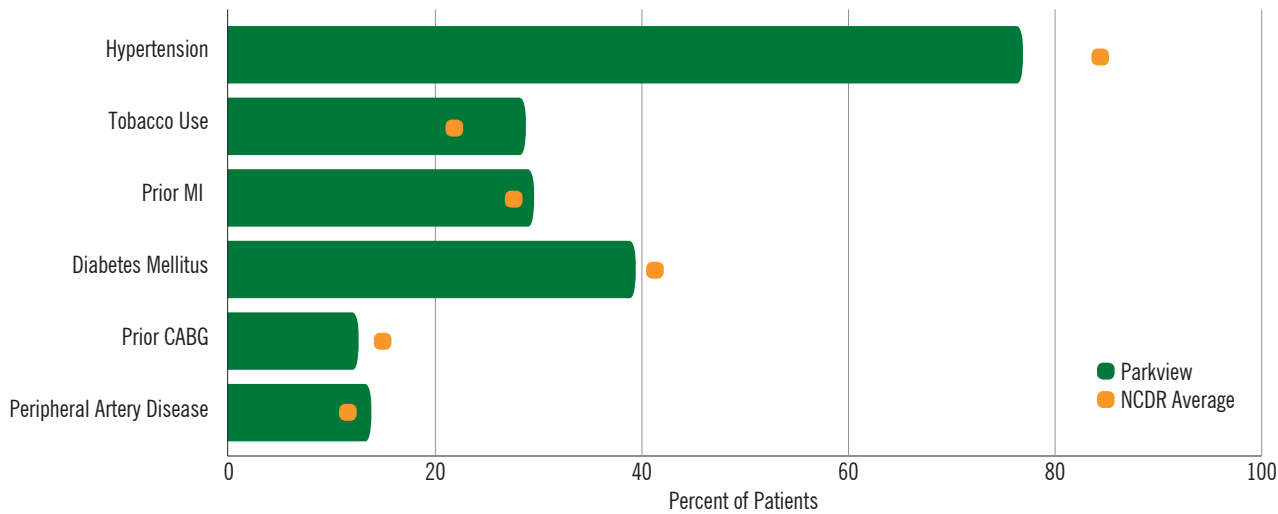
ELSO January 2021-October 2021

INTERVENTIONAL CARDIOLOGY

Percutaneous Coronary Intervention (PCI) Volumes

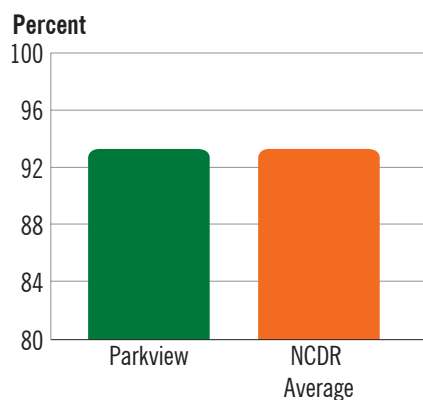


Medical Conditions Among Patients Undergoing PCI Procedures

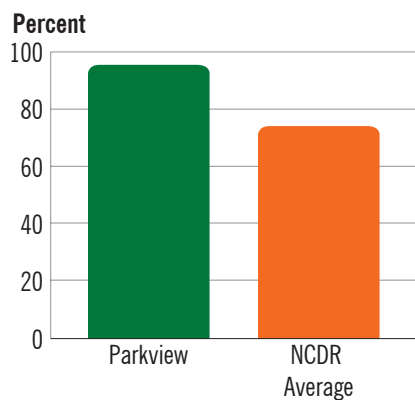


Source: NCDR Cath PCI Outcomes Report Q4 2020
MI = myocardial infarction, CABG = coronary artery bypass grafting, NCDR = National Cardiovascular Data Registry

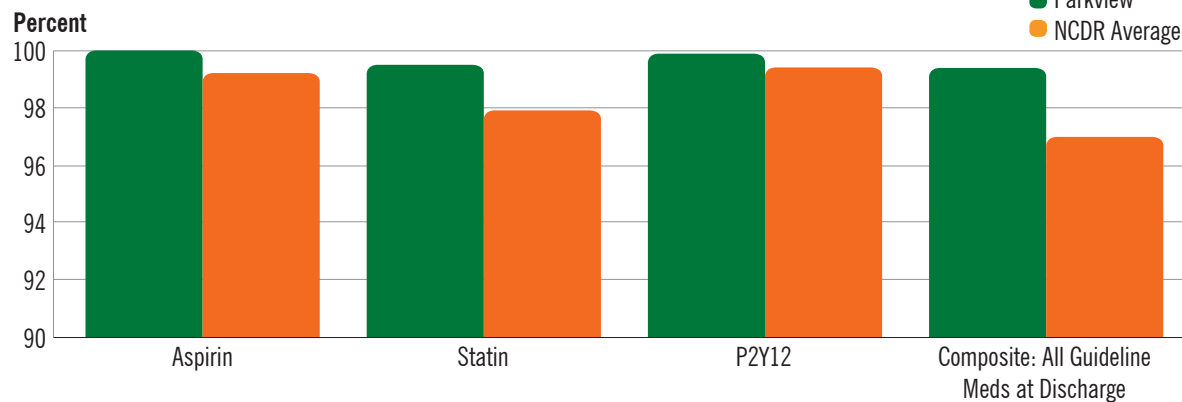
PCI Within 90 Minutes



Cardiac Rehab Referral



Use of Appropriate Discharge Medications



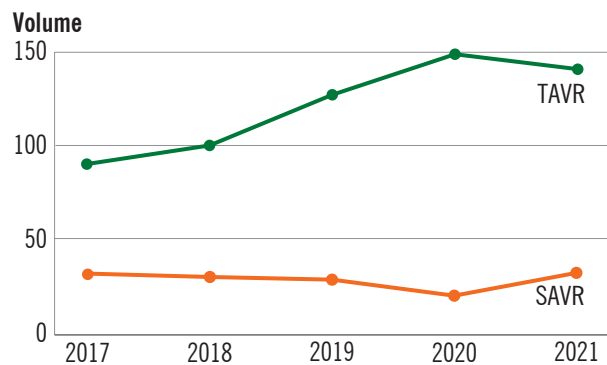
PCI Performance Metrics

	Parkview	NCDR Average
Risk-Standardized Bleeding Ratio	0.79	0.87
Risk-Adjusted Rate of Acute Kidney Injury	6.43	7.08
New Requirement for Dialysis	0.2	0.5

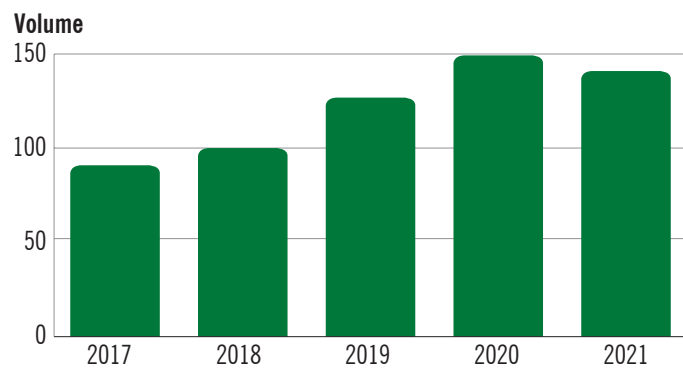
Source: NCDR Cath PCI Outcomes Report Q4 2020

STRUCTURAL HEART

Transcatheter Aortic Valve Replacement (TAVR) and Surgical Aortic Valve Replacement (SAVR) Volumes



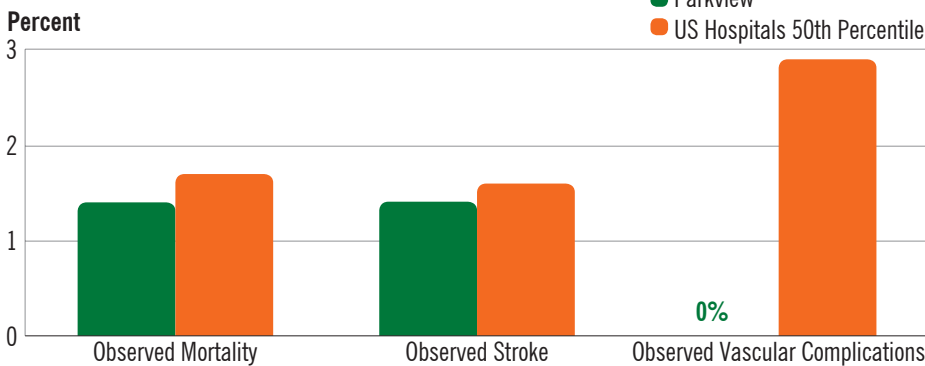
TAVR Volume



Source: STS/ACC TVT Outcomes Report Q4 2017, 2018, 2019, 2020, 2021
STS/ACC TVT = Society of Thoracic Surgeons/American College of Cardiology Transcatheter Valve Therapy Registry

TAVR 30-Day Complications*

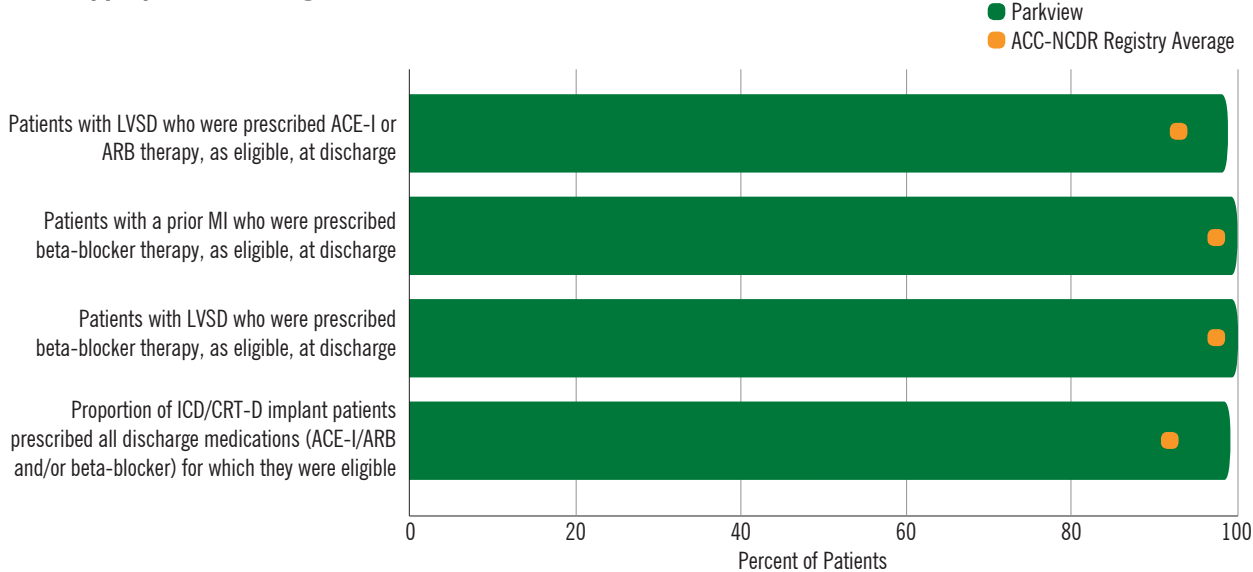
Jan - Dec 2020



Source: STS/ACC TVT Outcomes Report Q4 2020
*Proportion of patients with TAVR with any of the following at 30 days: mortality, stroke, disabling bleeding, acute kidney injury stage 3, myocardial infarction, vascular complication or aortic valve re-intervention

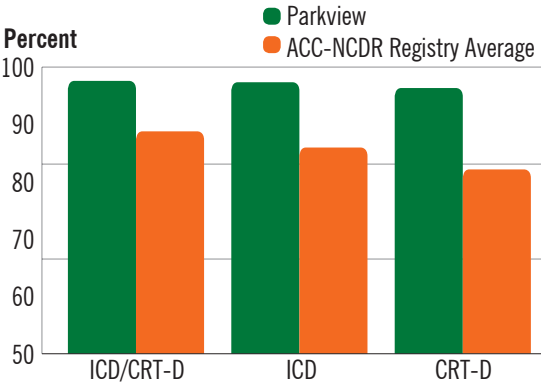
ELECTROPHYSIOLOGY (EP) DEVICE IMPLANT REGISTRY

Use of Appropriate Discharge Medications



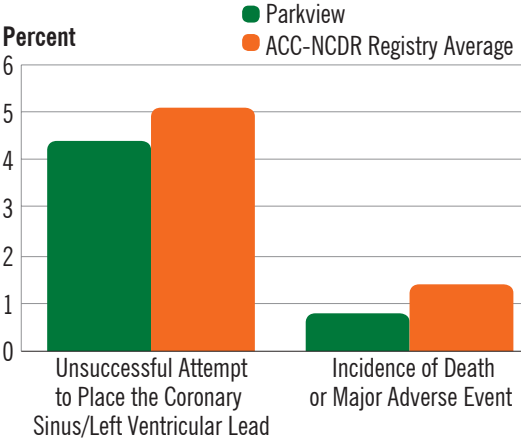
LVSD = left ventricular systolic dysfunction, ACE-I = ACE inhibitor, ARB = angiotensin receptor blocker, MI = myocardial infarction, ICD/CRT-D = implantable cardioverter-defibrillator/cardiac resynchronization therapy defibrillator

Proportion of ICD/CRT-D Patients that Fulfill Class I, IIa or IIb Guideline Indications



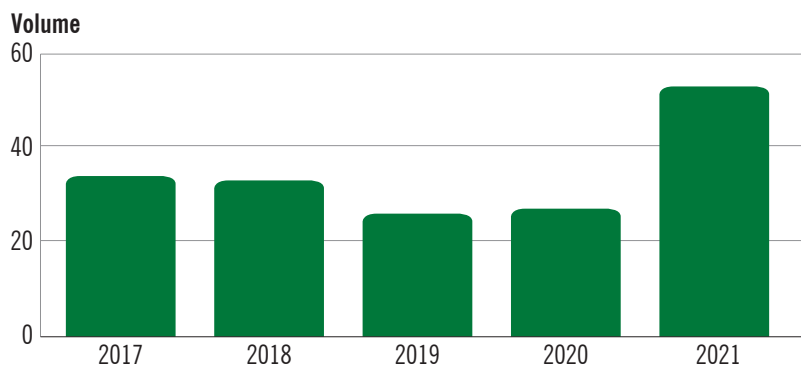
Source: NCDR EP Device Implant Registry Outcomes Report Q4 2020

Proportion of Defibrillator Lab Visits



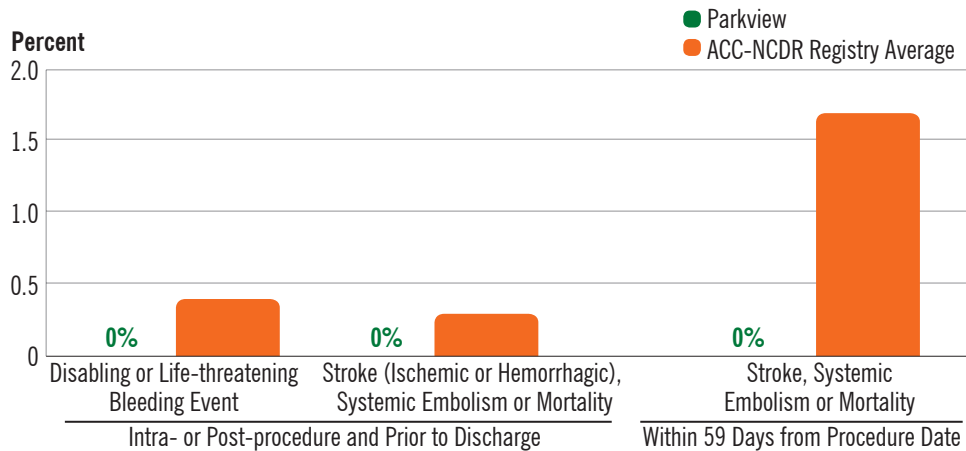
LEFT ATRIAL APPENDAGE PROCEDURE DATA

Left Atrial Appendage Occlusion (LAAO) Volumes



Source: ACC NCDR LAAO Outcomes Report Q4 2017, 2018, 2019, 2020, 2021

LAAO Outcomes

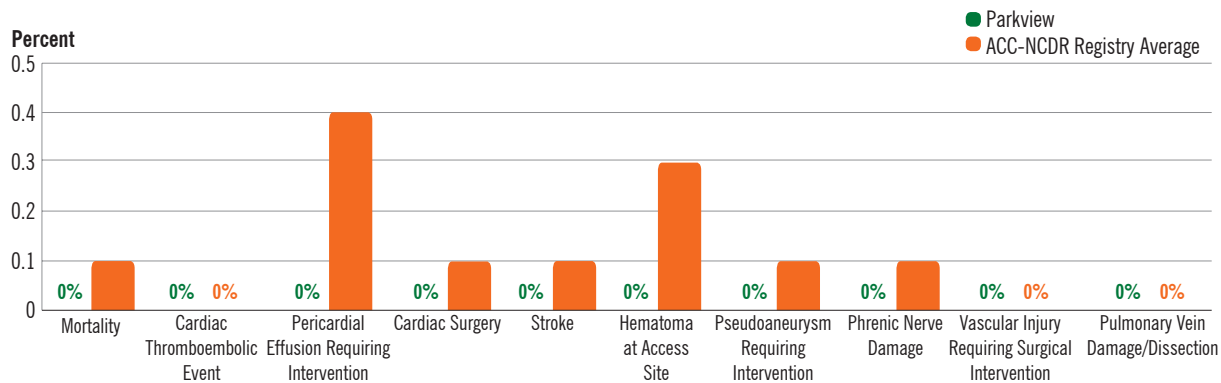


Sources: ACC NCDR LAAO Institutional Outcomes Report 2020 Q4, LAAO Institutional Outcomes Report 45 Day Follow-Up 2020 Q4

ATRIAL FIBRILLATION (AFIB) ABLATION PROCEDURES

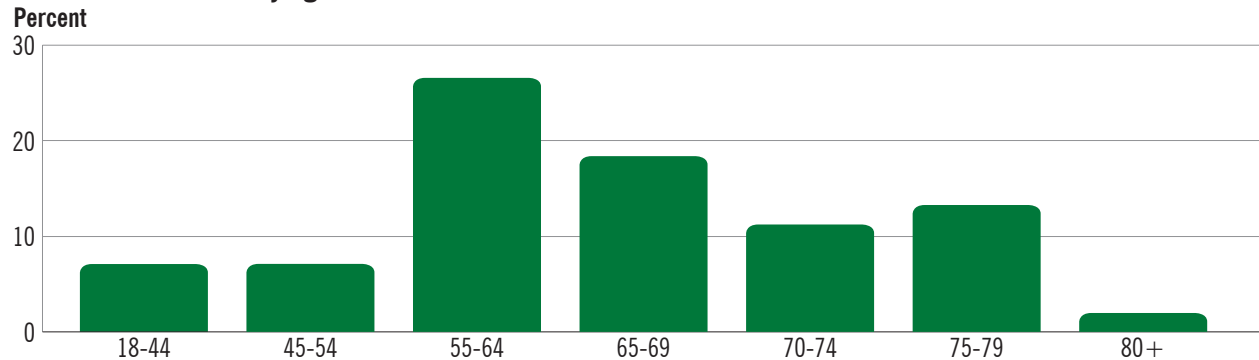
	Parkview	ACC-NCDR Registry Average
Proportion of patients undergoing an atrial fibrillation procedure with Class I or Class II guideline-based indications	100%	98.1%
Post-procedure Complications		
Proportion of patients undergoing an atrial fibrillation procedure who experience death or a major adverse event intra- or post-procedure and prior to discharge	0%	1.2%
Proportion of patients undergoing an atrial fibrillation ablation procedure who experience any adverse event intra- or post-procedure and prior to discharge	0%	2.5%

Source: NCDR AFib Ablation Registry 2020 Q4 Report (full year 2020)



Source: ACC NCDR 2020 Q4 AFib Ablation Published Report

AFib Ablation Patients by Age



Source: ACC NCDR 2020 Q4 AFib Ablation Published Report

HEALTH SERVICES AND INFORMATICS RESEARCH

Current Studies and Projects

- Identification of Key Clinical Care Gaps and Integration of Clinical Expertise to Develop Recommendations for Sharing CIED Data with Patients; Funded by Medtronic, PLC
- Heart Failure Guideline-Directed Medical Therapy Documentation and Tracking; Supported by Parkview Health

Studies and Projects Completed from 2017 to Present

- Identifying Metaphors that Help Patients Conceptualize Cardiac Resynchronization Therapy Device Data; Supported by Parkview Health
- Clinical Use of Cardiovascular Implantable Electronic Device Data: Survey Study; Supported by Parkview Health
- Effects of Pharmacist Input on Clinical Practices Related to Guideline-Directed Medical Therapy for Heart Failure with Reduced Ejection Fraction; Funded by the American College of Cardiology Accreditation Foundation Board
- Design Implications for a Technical Intervention to Improve Guideline-Directed Medical Therapy for Heart Failure with Reduced Ejection Fraction; Funded by the American College of Cardiology Accreditation Foundation Board
- Power to the Patient: Design and Test of Closed-Loop Interactive Information Technology for Geriatric Heart Failure Self-Care (in collaboration with Indiana University, Purdue University, Indianapolis); Funded by the Agency for Health Care Research and Quality
- Designing with Patients to Create Meaningful Representation of Device Data in Heart Failure Management; Supported by Parkview Health
- Engaging Patients in Heart Failure Management; Funded by BIOTRONIK, Inc.
- Towards Enhanced Adherence with CIED Remote Monitoring: Engaging Patients with CIED Data via a Personal Health Record; Funded by Medtronic, PLC
- Keep It SIMPLE: Improving Anti-Coagulation Medication Adherence for Patients with Non-valvular Atrial Fibrillation; Funded by Janssen Scientific Affairs, LLC
- Smartphone Electrocardiogram (ECG) Screening for Atrial Fibrillation (in collaboration with Dr. Sears and East Carolina University); Funded and Supported by Heart Rhythm Society and East Carolina University
- Mobile Cardiac Telemetry: Identifying Time Lapses in the Information Transmission of the Device Workflow; Funded by iRhythm Technologies
- Evaluation of the Accuracy of a 3D Printed Left Atrial Appendage in Patients Receiving the WATCHMAN Left Atrial Appendage Occlusion Procedure; Supported by Parkview Health

Studies and Projects Completed Prior to 2017

- Electronic Patient Notification of Remote Implantable Cardioverter-Defibrillator (ICD) Monitoring Data: Impact of Patient Engagement on Outcomes in the Merlin.net™ System; Funded by St. Jude Medical (Abbott)
- Examining the Feasibility and Impact of Delivering Standardized Patient Notification Summaries of Remote Implantable Cardioverter-Defibrillator (ICD) Data to Patients through Electronic Personal Health Records (ePHR)s; Funded and Supported by NoMoreClipboard, Inc., The Office of the National Coordinator (ONC), and Indiana Health Information Technology, Inc. (IHIT)
- Healthcare Utilization and Outcomes among Patients Undergoing Remote Monitoring for ICDs; Supported by Parkview Health
- Optimizing the Electronic Health Record for Cardiac Care (in collaboration with University of Nebraska Medical Center); Funded by National Institutes of Health (another protocol with the same title was completed in 2019)
- Indiana Consumer-Mediated Information Exchange: An Evaluation of Factors that Influence Acceptance of Electronic Personal Health Records (ePHR) and Assessment of the Impact on Consumer Health Engagement; Funded by NoMoreClipboard, Inc. and The Office of the National Coordinator (ONC)
- Deployment of Electronic Personal Health Records Post Coronary Intervention: Analysis of Outcomes and Patient Engagement (ePHR COPE)



PATIENT EXPERIENCE



Matters of the Heart

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death and disability for women in the United States. Knowing this startling statistic and that she had a family history, Diane Findlay decided to be proactive and take charge of her heart health. She decided to move forward with a HeartSmart CT Scan, a simple, noninvasive test that can detect coronary artery disease in its early stages. Fortunately, Diane’s diligence paid off. Join us as she shares the remarkable findings of her preventive heart scan, plus the ways in which Parkview Cardiac Rehab Services supported her and gave her the courage to stay active amid her rare diagnosis.



Scan to view her story.

Determined to Cross the Finish Line

A routine wellness check led to the discovery of a life-altering diagnosis and treatment, but Steve Baker was determined to make the most of his second chance at life. Join us as he shares the specifics of his health journey with Parkview Heart Institute, the challenges he encountered along the road to recovery and how the inspiration he drew from his cardiac rehab team at Parkview Whitley Hospital fueled his determination to run his first 5K.



Scan to view his story.



PANDEMIC PERSPECTIVE

As we all know, the COVID-19 pandemic impacted lives worldwide. Here at home, we felt those impacts as well, especially within the walls of our health system. In December 2020, Jason O'Connell, an RN at Parkview Heart, had an idea. As a local artist, Jason is often seeking new inspiration for his work. After watching a YouTube documentary on America's artists, a vision came to him that would eventually become a symbol and inspiration to not only his co-workers, but the whole community.

Jason took his idea to Mike GeRue, COO, Parkview Heart Institute. Together, Jason and Mike established a vision of a mural that would depict the health system's journey through the pandemic. Jason got to work.

With his own personal experiences as a backdrop for his creation, Jason began diving into the COVID-19 abyss that had become "the new normal" for so many. He gathered photos and looked inward for his own spiritual inspiration. And, over the course of nine months, he painted.

Jason's mural consists of three 8' x 8' panels. The panels silently but monumentally depict the phases of the pandemic. From left to right, images of despair, mortality, heaven and earth move gradually into solidarity and teamwork, perseverance, and gratitude. On the right panel a new kind of life ensues. Smiling faces peek through and natural landscapes show gatherings outside and families enjoying each other's company. Above his signature it reads, "Through it all, we still believe life is beautiful." Indeed, we do.

Jason's mural now lives on the walls of the lobby, where co-workers, patients and visitors can't help but stop and admire its honest beauty.



Scan to view his story.



HER HEART PROGRAM

Loving Her Heart – Body, Mind and Spirit

Parkview Heart Institute has made a commitment to women by focusing on their unique cardiovascular needs and risks for heart disease. Together with Parkview Physicians Group – Cardiology, we offer a program especially for women in our community. The Her Heart Program of Parkview Heart Institute exists to inspire women to live heart-healthy lifestyles and to empower women to live well with heart disease through awareness, education, prevention and support.

Her Heart serves all women with the goal of preventing heart disease through awareness of risk factors and lifestyle change. Her Heart offers the annual Her Heart Challenge, a 12-week wellness initiative completely free of charge to the participants. Participants adopt a personalized approach in a group setting to decrease their own risk of heart disease and overcome barriers to make lasting lifestyle changes by connecting with resources and professionals.

Her Heart also offers the Love Your Heart Expo, an annual event providing education and screening opportunities for women to bring awareness of women's unique cardiovascular risk factors. The February event typically serves 700 women, and over 80 Parkview vendors and volunteers supply valuable screenings and information regarding Parkview and community services.

The Her Heart Support Network is designed to assist women living with heart disease by means of encouragement, education and connection through shared experiences. The support group meets monthly at Parkview Heart Institute.

Newly diagnosed women are provided with encouragement and support while still in the hospital through the Her Heart Ambassador program. Ambassadors for Her Heart consist of a group of women living well with a diagnosis of heart disease. These ambassadors strive to inspire and educate the women of our community about living well with heart disease by visiting patients within Parkview Heart Institute and providing encouragement and empowerment to newly diagnosed women.

Her Heart also recognizes the need to create awareness within the clinical community of the unique aspects of heart disease in women. Parkview Heart Institute's annual Women and Heart Disease Symposium has the goal of raising clinician awareness of women's unique cardiovascular risks through a gender-based approach to recognition, diagnosis and treatment of cardiovascular disease in women.

All events are offered completely free of charge to attendees.

Please note that some of these services and events have been paused due to COVID-19. Her Heart continues to use and adapt creative ways for our women to connect during a time of isolation.



Her Heart Challenge participants gather for a Zoom meeting.

Her Heart Challenge in the Midst of COVID-19

On August 6, 2021, 15 women gathered on the patio of Parkview Heart Institute for a dinner and education. The mild August weather in Indiana was not what made this evening different, but rather that this dinner should have taken place in downtown Fort Wayne as the precursor to a weekend-long retreat. Like so many events we have anticipated, COVID-19 changed that. What remained the same was the commitment these 15 chosen women brought with them. These women were ready to change their lives and commit to living happier, healthier and longer by accepting the Her Heart Challenge.

COVID-19 has changed the way we do many things, to ensure we stay safe, but the Challenge's unwavering commitment to inspire women to live their best lives has not changed. The Her Heart team thought of innovative ways to keep the class of 2021 moving forward with or without a kickoff retreat and in-person classes. Although the beginning of the 2021 Challenge was very different from previous years, the goals remained the same. This class demonstrated amazing resiliency and flexibility in their willingness to learn and apply the principles of the program on a virtual platform.

How We Did Things Differently

Some of these women began their journey by submitting an application and answering essay questions in 2020. They patiently waited through the delays brought on by COVID-19. We asked them to tell us why they want to make changes and what this program would mean to them. The committee interviewed the applicants we felt were most poised to participate, which was difficult as so many deserved a spot. The candidates chosen to participate completed lab work and biometric measurements to discern their personal risk factors and establish baselines for their goals.

As they gathered that evening on the patio, the women, ranging in age from early 50s to late 70s, had never met one another yet shared their stories with open hearts. Tears and laughter were abundant as the ladies shared stories and found common bonds, encouraging new friendships to blossom. As women, we tend to tear ourselves down. We nurture others

before ourselves. The intention of this program is to allow the participants to see the value of self-care and making their health a priority.

After the 12 weeks these women defied all pandemic trends by dramatically improving their well-being scores, lab values and biometrics, proving that the power of community cannot be squelched even when learning and friendships develop virtually.

The following outcomes show a comparison of participants' outcomes in each of the previous five years.

2017-18

- Well-being score - N/A
- A1C reduced in 73% of those with elevated level
- Cholesterol reduced in 77% of those with elevated level
- Triglycerides reduced in 73% of those with elevated level

2018-19

- 100% increased their well-being score
- A1C reduced in 50% of those with elevated level
- Cholesterol reduced in 62% of those with elevated level
- Triglycerides reduced in 87% of those with elevated level

2019-20

- 100% increased their well-being score
- A1C reduced in 92% of those with elevated level
- Cholesterol reduced in 57% of those with elevated level
- Triglycerides reduced in 66% of those with elevated level

2020-21

- 64% increased their well-being score
- A1C reduced in 54% of those with elevated level
- Cholesterol reduced in 24% of those with elevated level
- Triglycerides reduced in 66% of those with elevated level

2021-22

- 93% increased their well-being score
- A1C reduced in 90% of those with elevated level
- Cholesterol reduced in 50% of those with elevated level
- Triglycerides reduced in 100% of those with elevated level

PHYSICIANS – CARDIOLOGY



Robert W. Godley, MD



Patrick J. Daley, MD



William Wilson, MD



James Heger, MD



Charles Presti, MD



Mark O'Shaughnessy, MD



William Collis, MD



David Palmer, MD



Sandeep Patel, MD



Lawrence Gering, MD



Andrew Olson, DO



Patrick Gregory, MD



Sabeena Ramrakhiani, MD



Michael Cheezum, MD



Dustin Thomas, MD



Alexander Urban, MD

PHYSICIANS – INTERVENTIONAL CARDIOLOGY



Stephen Brown, MD



Roy Robertson, MD



T. Eric White, MD



Kevin Hart, MD



Hollace Chastain, MD



Peter Chaille, MD



Anwer Habib, MD



Daniel Hugenberg, MD



Christopher Smitson, MD

PHYSICIANS – ELECTROPHYSIOLOGY



David Schleinkofer, MD



Richard Otten, MD



Bradley Hardin, MD



Jonathan Shirazi, MD

PHYSICIANS – CARDIOVASCULAR SURGERY



David T. Sowden, MD



Douglas Gray, MD



David P. Lloyd, MD



Joseph A. Greenlee III, MD



Tariq Lescousflair, MD

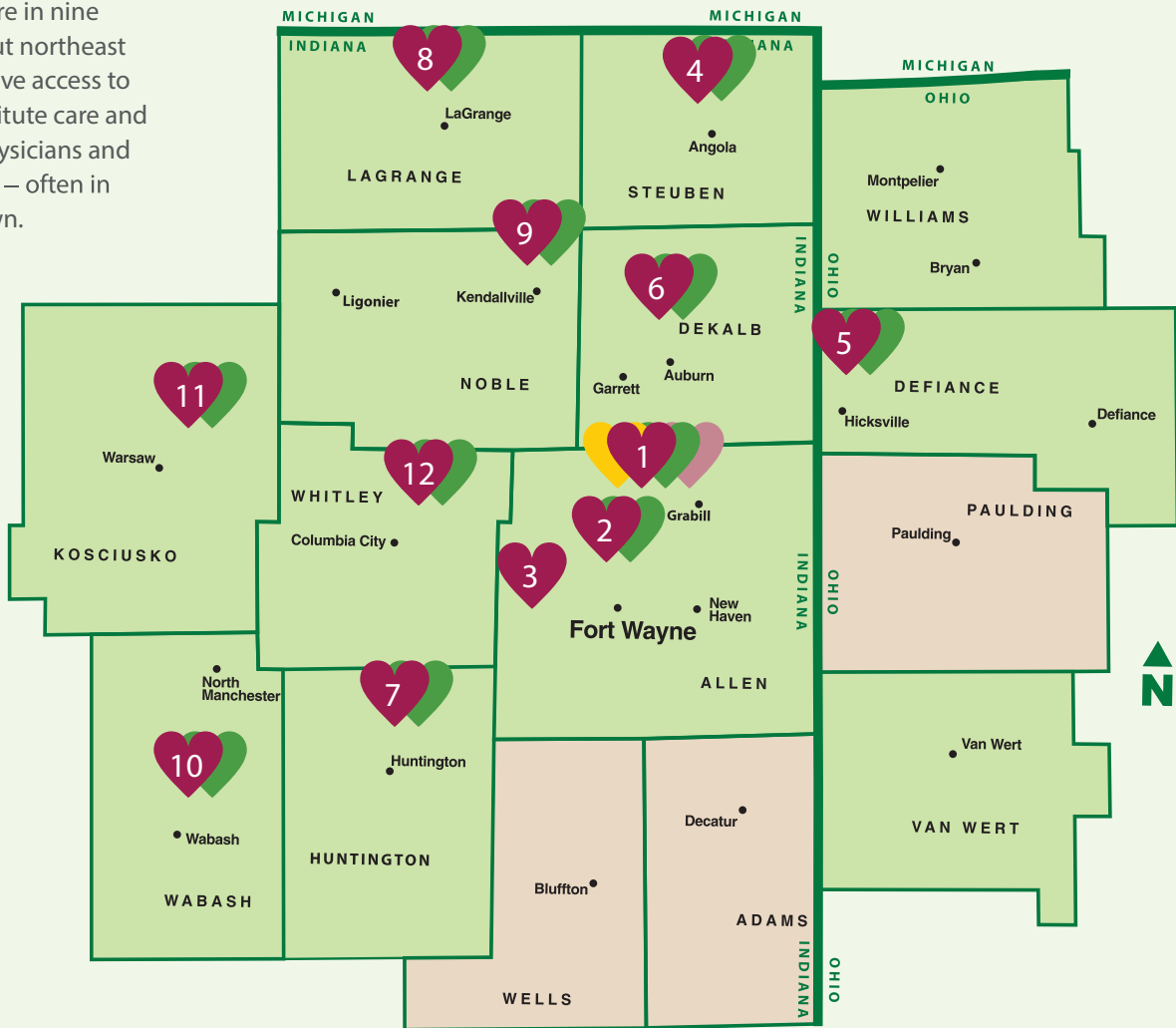


Dimitrios Koudoumas, MD



IN YOUR COMMUNITY – PARKVIEW HEART INSTITUTE OUTREACH LOCATIONS

Parkview Heart Institute spans the region, offering surgical care, cardiac rehabilitation, imaging services, screening prevention and more in nine counties throughout northeast Indiana. Patients have access to Parkview Heart Institute care and quality from the physicians and surgeons they trust – often in their own hometown.



LEGEND



Parkview Heart Institute
physician locations



Cath Lab



Cardiac Rehab
locations



Surgical Care

LOCATION	SERVICES			
1 Parkview Heart Institute 11108 Parkview Circle Entrance 10 Fort Wayne, IN 46845				
2 Randallia Office 2231 Carew Street Entrance 4 Fort Wayne, IN 46805				
3 Inverness Office 8028 Carnegie Boulevard Suite 130 Fort Wayne, IN 46804				
4 Angola Maumee Clinic 306 E. Maumee Street Suite 201 Angola, IN 46703				
5 Community Memorial Hospital 208 N. Columbus Street Hicksville, OH 43526				
6 DeKalb Memorial Hospital 1310 E. Seventh Street Entrance 53 Auburn, IN 46706				

LOCATION	SERVICES			
7 Parkview Huntington Hospital 2001 Stults Road Suite 200 Huntington, IN 46750				
8 Parkview LaGrange Hospital 207 N. Townline Road LaGrange, IN 46761				
9 Parkview Noble Hospital 401 Sawyer Road Kendallville, IN 46755				
10 Parkview Wabash Health Clinic 8 John Kissinger Drive Wabash, IN 46992				
11 Parkview Warsaw 1355 Mariners Drive 3rd Floor Warsaw, IN 46582				
12 Parkview Whitley Hospital 1260 E. S.R. 205 Suite 110 Columbia City, IN 46725				



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REFERRALS

To refer a patient for a cardiology visit to the physician office, call 260-266-5680.

To make a direct referral for a cardiovascular visit to the physician office, call 260-266-2816.